

THOMASTON-UPSON SCHOOL NUTRITION

Upson-Lee Middle School *October* 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Knight's Table Line				
1 Cheeseburger Emoji Fries Lettuce/Tomato Baked Beans	2 Chicken Parmesan Toast Garden Salad Peas	3 Crispy Chicken Sandwich Lettuce/Tomato French Fries Broccoli Florets w/ ranch dip	4 Vegetable Soup Grilled Cheese Sandwich Sunset Sip Juice	5 "National Smile Day" Catfish Strip Basket Hushpuppies Potato Smiles Slaw
8	9	10	11	12
Celebrating National School Lunch Week				
15 	16 BBQ Plate Loaf Bread Coleslaw Baked Beans	17 Creamy Chicken Alfredo Breadstick Garden Salad Lima Beans	18 Beef & Cheese Nachos w/ Nacho Bar Refried Beans Mexican Corn	19 Popcorn Chicken Basket w/ Honey Mus. Toast French Fries Carrot Sticks w/ Ranch dip
22 Sloppy Joe Chips Green Beans Calypso Crush Juice	23 Philly Cheese Steak Sub Chips Onions & Peppers Peas	24 Little Smokies Mac-N-Cheese Lima Beans Collards	25 Chicken Tacos Taco Bar Spicy Black Beans Mexican Corn	26 "Homecoming Tailgate Luncheon" Grilled Hotdogs Chips Calypso "Knight" Crush Juice Fruit Treat & Cookie
29 Cheeseburger Emoji Fries Lettuce/Tomato Baked Beans	30 "Celebrating Georgia Apple Day" Chicken Parmesan Toast Garden Salad Peas	31 Crispy Chicken Sandwich Lettuce/Tomato French Fries Broccoli Florets w/ ranch dip		
Additional options offered daily:				
UL International Line				
<u>Originated in France</u> Stuffed Cheese Stick w/ Marinara Garden Salad Whole Kernel Corn	<u>Originated in Italy</u> Teriyaki Chicken w/ Rice Peppers & Onions English Peas/Green Beans	<u>Originated in Greece</u> Chicken Pot Pie Garden Salad Broccoli Florets/Collards	<u>Originated in North America</u> Baked Potato Bar w/ Chili, Cheese, & Crackers Garden Salad	<u>Originated in Italy</u> Pepperoni Pizza Garden Salad Carrot Sticks w/ Ranch dip
Knight-way Grab-n-Go Deli				
Garden Salad Entrée OR Spicy Chicken Wraps w/ Ranch OR Ham OR Turkey & Cheese Sandwich	Tuna OR Chicken Salad Plate OR OR PBJ Uncrustable w/Cheese stick	Garden Salad Entrée OR Fajita Wrap OR Ham OR Turkey & Cheese Sandwich	Spinach Fruit Salad w/ Chicken OR OR PBJ Uncrustable w/Cheese stick	Garden Salad Entrée OR Chicken Wraps (Honey Must./Bacon Ranch) Ham OR Turkey & Cheese Sandwich
All lunch meals are served with fruit, vegetable, and milk options!				

